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No end to theft ring: Cops find 700 more bikes

WARRANTS Toronto police say they seized 700 more bicycles yesterday after executing three search warrants in a probe of a massive bike-theft ring.

That brings the tally of allegedly stolen bicycles to about 3,200. Police say some 250 bikes have been claimed by their owners.

Thousands of bikes have been on display at warehouses at 35 Strachan Ave. and 30 Ordnance St. since Friday. Viewings will continue daily from noon to 8 p.m. until Thursday.

Unclaimed bikes may become property of the court, police said.

Igor Kenk, 49, and Jean Laveau, 47, both of Toronto are charged in connection with the thefts.

TORSTAR NEWS SERVICE

Business page 10

Bell announces 2,500 job cuts

Beijing Games page 17

Athletes face many obstacles

Celebrity Buzz page 27

Winehouse taken to hospital

Health page 20

Diary can help with weight loss

Secord Avenue tenants **What's next?**

RICK MADONIK/TORSTAR NEWS SERVICE

Marilyn Watts and her daughter, Kade, 11, stand outside 2 Secord Ave., the apartment building people are shut out from after last week's fire in a hydro vault. Watts and her daughter have had to put a move out of the city on hold until they can sort out various details. Story, page 3.

Young brain drain

Mexican children outperform Canadians in kindergarten

Mexican children in poorer areas of Monterrey are further ahead in kindergarten than the average Canadian kid, says new research led by renowned expert Dr. Fraser Mustard.

Shocked? Mustard isn't. Federal authorities in 1990 implemented a system of programs called CENDI (the Spanish acronym for Centres for Early Childhood Development) in Monterrey — an industrial city roughly the size of Greater Toronto — that provided community supports to low-income households from the time of pregnancy through to preschool.

The programs are similar to what Mustard has long been advocating for this country, as research confirmed how vital early development is to attaining literacy, health and emotional well-being in adulthood.

"You can't dump the whole responsibility (for childhood development) on families," says Mustard, a co-founder of the McMaster University medical school.

"You have to build a system families can be a part of — not controlled by the government but where the government sets standards," he said.

Since his 1999 report to the Ontario government on the topic, Mustard has stressed the need for making home visits to new parents, as well as creating community "hubs" where they can obtain nutrition and health advice from professionals, take part in parenting programs and involve their tots in programs.

TORSTAR NEWS SERVICE

Early Development Instrument

• Both groups were evaluated using the Early Development Instrument, created by researchers Magdalena Janus and the late Dan Offord at McMaster to measure a child's development in five areas: Physical well-being; social competence; emotional maturity; language/cognitive development; and communication skills.

A 'Cuil'-er way to surf the web

Anna Patterson's last Internet search engine was so impressive that industry leader Google Inc. bought the technology in 2004 to upgrade its own system.

She believes her latest invention is even more valuable — only this time it's not for sale.

Patterson instead intends to upstage Google, which she quit in 2006 to develop a more comprehensive and efficient way to scour the Internet.

The end result is Cuil, pronounced "cool." Backed by $33 million US in venture capital, the search engine planned to begin processing requests for the first time yesterday.

Cuil had kept a low profile while Patterson, her husband, Tom Costello, and two other former Google engineers — Russell Power and Louis Monier — searched for better ways to search.

Cuil won't divulge the formula it has developed to cover a wider swath of the web with far fewer computers than Google. And Google isn't ceding the point: Spokeswoman Katie Watson said her company still believes its index is the largest.

A search index's scope is important because information, pictures and content can't be found unless they're stored in a database.

THE ASSOCIATED PRESS

Index

• Cuil's search index spans 120 billion web pages. Patterson believes that's at least three times the size of Google's index, although there is no way to know for certain. Google stopped publicly quantifying its index's breadth nearly three years ago when the catalogue spanned 8.2 billion web pages.

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Missing boater's body found
Police have located the body of a Toronto boater who went missing Sunday afternoon, bringing the weekend's drowning toll to four. Antonio Figueira, 34, had been fishing near Coles Point Road, south of Healey Falls in Seymour township on Sunday around 4:20 p.m. TORSTAR NEWS SERVICE

Local

CHUM sign saved

The CHUM building on Yonge Street is going to be torn down and turned into luxury condos, but its iconic sign will be saved. The red landmark sign will be moved this winter to the new location of CHUM Radio, now under renovation at Richmond and Duncan streets, said Scott Henderson, spokesperson for CTVglobemedia.
TORSTAR NEWS SERVICE

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Tomorrow's Metro

The buzz

Though the electric car may provide a viable alternative to gas-fuelled vehicles, its future in Canada may still face a rocky road.

metronews.ca

What's online today.

Read a new column on intelligent investing by Allan Small, FMA
Watch video of nationwide protests against Air Canada's recent cuts
Check MetroTube of the Day for a look at the wackier side of ComiCon
Play online Sudoku!

News in brief

WEATHER David Phillips of Environment Canada has his fingers crossed for rain.
According to Phillips, the city is teetering on the verge of the wettest July ever with rain totals sitting just 0.1 mm away from breaking the mark set in 1980. With three days remaining in the month, rainfall totals for July sit at 182.2 mm, just a hair shy of the 182.3 mm record set 28 years ago.
TORSTAR NEWS SERVICE

Residents struggle with questions

The end of this month was supposed to mark a new beginning for Marilyn Watts. The single mother had recently been through a bad break-up and was planning to move to St. Catharines to be near a close friend. Now, all that is on hold.

Watts is a tenant at 2 Secord Ave., and is among many in the building now struggling with questions about insurance coverage, their leases and their future there.

The 22-storey building has been vacant for more than a week after a massive explosion in an underground electrical vault forced the evacuation of about 900 people.

"I just wanted to get away from the city and start fresh. A new life," said Watts, her eyes filling with tears. Watts and her 11-year-old daughter, Jade, got out of their 10th-floor apartment with their kittens and the clothing on their backs. All of their possessions and medications — she has type 2 diabetes — are still inside.

Watts, who is on disability payments for a variety of health reasons, was unable to enter. "I can't walk up 10 full flights of stairs," she said. TORSTAR NEWS SERVICE

Hotels

- Many tenants are living with family and friends.
- The city has stepped in and provided accommodations for more than 100 tenants at various hotels.
- During the weekend visits, several weary tenants said they intended to look for other places to live.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

City manager Shirley Hoy announces yesterday she will be leaving her position effective Oct. 6 as Joe Pennachetti looks on. Pennachetti, deputy city manager and CFO, is Mayor David Miller's choice to replace Hoy.

City manager leaving post

City manager Shirley Hoy is calling it quits, and the mayor already has a hand-picked successor in mind.

Instead of embarking on a traditional executive search, Mayor David Miller yesterday announced that Joe Pennachetti, 58, the city's chief financial officer, is his choice to replace Hoy, 57, as city manager.

Miller plans to make that recommendation to executive committee in September. The final decision rests with city council, and despite criticisms yesterday that Miller was making a pre-emptive move to control the process, councillors will probably endorse his pick.

Hoy, who has been at the helm for more than seven years, said she's been thinking about moving on for at least a year. She denied comments from city councillors that she had expressed frustration to them about the direction Miller is taking the city.

"I truly believe, in large complex organizations, if you stay beyond eight or nine years, you have stayed too long. You need a fresh set of eyes to take the organization to the next level," she told a packed news conference in the mayor's office yesterday.

According to the most recent public figures, Hoy earned $311,128.80 salary, plus $9,079.13 in taxable benefits last year.
TORSTAR NEWS SERVICE

Front and centre

Shirley Hoy was at the helm during many periods of drama including:
- A 16-day garbage strike in the summer of 2002;
- The SARS outbreak that killed 44 people in 2003;
- The August 2003 blackout that paralyzed the city;
- A 2003 probe into the tendering process to redevelop Union Station, where one judge gave zeroes to one bidder and the project manager discarded the actual scoring sheets;
- The firing of Rita Reynolds as director of corporate access and privacy for refusing to accept the authority of the city clerk. Reynolds had disclosed that the Union Station scoring sheets had been thrown out.

Tourism

Mexicans boosting numbers

TRAVEL Since 2004, Toronto-bound travel from Mexico has increased by 50 per cent. Last year, about 75,000 Mexican travellers headed to the city.

That's good news for the struggling Toronto tourism industry, which has desperately been searching for a market to fill the growing void left by a lack of American travellers. "Mexico has become a very important market," says Andrew Weir, Tourism Toronto's vice-president of communications.

China has also seen a huge spike in tourism numbers. In 2004, about 30,000 Chinese mainland and Hong Kong residents came to Toronto. Last year, that number had exploded to 100,000, Tourism Toronto reports.
TORSTAR NEWS SERVICE

Caribana

Deep roots for annual event

CELEBRATION On Canadian soil, Caribana's roots go back to the summer of 1967, when Toronto's 10,000 citizens of Caribbean descent threw a massive party on Olympic Island.

But the two-week festival of Caribbean music, costume and dance has historical roots that go far deeper — right back to Africa. For proof, look no further than the drums that will reverberate down Lake Shore Boulevard this Saturday. Also, Roots to Rhythm, Caribana's exhibition of paintings by African-Canadians, is on display at the Royal Ontario Museum to Aug. 4. TORSTAR NEWS SERVICE

Project Round Up nets 477 arrests
Toronto police have made 477 arrests and have laid 850 charges following a city-wide sweep dubbed Project Round Up aimed at taking down "serious" criminals in Toronto. TORSTAR NEWS SERVICE

Transit drought over

InTransit

Ed Drass
transit@eddrass.com

Estimated costs

1 **$38 million:** Estimated cost of express bus lanes from Downsview station to York University (includes on-street sections)

2 **More than $2.5 billion:** Estimated cost of subway extension from Downsview station to Highway 7 (8.6 km underground)

With a few shovels and a lot of TV cameras, the era of stalled transit growth appears to have officially ended in Toronto.

Last Friday, a fleet of politicians from City Hall, Queen's Park and Parliament Hill heaved a bit of dirt at York University, marking the start of construction for a fairly modest busway linking Downsview TTC station with York's Keele campus.

The express bus line, which ought to be ready when students begin school in September 2009, isn't the only example of new transit-only lanes in Toronto — but the streetcar rights-of-way on St. Clair Avenue and Fleet Street haven't attracted the same kind of grand political ceremony.

The significance of the York busway comes from the fact that three levels of government have managed to agree on funding arrangements — deals that have been complicated more by politics than paperwork. Moreover, this $38-million project is likely to be followed sometime this fall with confirmation that Ottawa will help pay for a $2-billion-plus Spadina subway extension to Highway 7.

The busway and subway were also reportedly delayed by legislative and other requirements, but that's only part of the story. The bus lanes could probably have been finished at least five school years ago, but got snarled amid fears this low-tech, low-cost transit option would provide sufficient short-term capacity to the York campus and derail plans to send underground trains there.

A subway won't open before 2015 and it now appears the express bus lanes can be used after that date, possibly allowing local TTC routes to bypass traffic.

I've long been concerned that future ridership won't justify the Spadina subway extension, especially north of Steeles or during those five months of the year when York students are not in class. At least residents of northwest Toronto may gain much faster access to downtown instead of riding buses all the way to the Bloor line.

If we are indeed getting this major piece of infrastructure, let's not leave its success to chance. The subway will suffer from too-low ridership — as does the existing portion of the Spadina line — unless the City of Toronto insists on substantial new development along the entire corridor.

We need dense, complete neighbourhoods at almost every station on Spadina — even if some locals oppose this. Transforming Allen Road seemed an odd concept only a few years ago, but city council can seriously look at changing this highway into an urban boulevard lined by condos.

There will be more traffic congestion, but the payoff includes much greater economic activity and a costly subway line that is used at all hours.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

U.S. civil judgment against Livent co-founders upheld

PAYMENT The Ontario Court of Appeal has upheld a U.S. civil judgment against Livent co-founders Garth Drabinsky and Myron Gottlieb, ordering them to pay $36.6 million to investors who lost their money when the theatre production company went bankrupt.

The judgment was obtained by Dorian and Diane King, lead plaintiffs in a class-action lawsuit against Drabinsky, a once-celebrated theatre impresario, and his business partner Gottlieb.

The court rejected their arguments that the U.S. judgment should not be enforced because they were denied a full opportunity to defend themselves.

TORSTAR NEWS SERVICE

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– *Canadian Real Estate*, March-April, 2008

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the Bay

WWW.THEBAY.COM

British jury mulls verdicts in airliner bomb plot case

A jury in Britain started deliberating yesterday in the case of eight men accused of plotting to blow up at least seven transatlantic airliners bound for Canada and the United States at the height of the 2006 summer vacation season. THE ASSOCIATED PRESS

Canada

Terry Fox's birthday

Terry Fox, the inspirational runner who captivated a country with his Marathon of Hope across Canada, would have celebrated his 50th birthday yesterday. Fox died in 1981, just one month shy of his 23rd birthday on July 28.

THE CANADIAN PRESS

Greenhouse gas initiative in focus

EMISSIONS Ontario should use its new membership in the Western Climate Initiative to push for stringent caps on greenhouse gas emissions, environmental groups say.

The members of the cross-border initiative — four provinces and seven states — meet today in San Diego to discuss its proposed greenhouse gas cap-and-trade system.

The system involves establishing a cap-and-trade market where greenhouse gas emitters who can't meet their targets buy emission credits from those below the bar.

The final version of the cap-and-trade system is expected in September.

TORSTAR NEWS SERVICE

Province won't fund law schools

DISMISSED The case for a new law school in Ontario has been dismissed.

Saying it sees no need for more lawyers and has no money to train them, Queen's Park has told universities it will not fund any new law school — dashing the hopes of at least four institutions that had proposed opening law schools to serve a range of legal specialties, from Aboriginal and francophone issues to international law. Nor will government dollars be provided for any master's program in law.

TORSTAR NEWS SERVICE

Schools losing students

Enrolments in Canada's public schools on decline, StatsCan reports

Enrolments in Canada's public schools declined between school years 1999-2000 and 2005-06.

Just more than 5.2 million children were enrolled in 2005-06, down 3 per cent from 1999-2000. The only province to report an increase was Alberta, where enrolment increased 1 per cent to 552,000.

The largest decline in enrolment was in Newfoundland and Labrador, where the number of students fell 18.4 per cent. The province's school-age population fell 17.7 per cent during the period. Elsewhere, declines ranged from 10.1 per cent in Nova Scotia to 0.6 per cent in Ontario.

The number of high school graduates in Canada was up 3 per cent from 1999-2000. Just less than 314,000 students graduated from public secondary schools in 2005-06.

Among the provinces, the fastest increase occurred in Alberta, where 32,400 individuals graduated in 2005-06, up 14.2 per cent from 1999-2000.

The high school graduation rate was close to 75 per cent in 2005-06, unchanged from 1999-2000. Graduation rates were highest in the Atlantic provinces and Saskatchewan, and lowest in Alberta and the three territories.

THE CANADIAN PRESS

Cost of educating a student

- In 1999-2000, it cost $7,357 to educate a student in Canada. Six years later, this cost increased 31.9 per cent to $9,704 — higher than the inflation rate.

Funeral **Last farewell for soldier**

JOHN WOODS/THE CANADIAN PRESS

Wendy Hayward-Miskiewicz, mother of Cpl. James Arnal who was killed in Afghanistan, is escorted to a waiting limousine after placing a yellow rose on his casket after the funeral service just outside the Grant Memorial Church in Winnipeg yesterday.

Canadian troops kill two Afghan children

ATTACK Canadian troops have killed a four-year-old girl and her two-year-old brother by opening fire on a car they feared was about to attack their convoy in Afghanistan.

Soldiers said as the car sped toward them in Panjwaii district outside Kandahar city, they flashed the lights, made hand gestures and issued audio warnings for it to pull over. The car came within 10 metres of the convoy.

An investigation into Sunday's incident will be conducted by Afghan police and the major crimes unit within Canadian Forces Military Police.

The Canadian military expressed remorse over the tragedy.

THE CANADIAN PRESS

Civilian deaths

Human Rights Watch says 300 Afghan civilians were mistakenly killed by coalition troops last year.

News in brief

INSURANCE FIGHT The New York Civil Liberties Union says two lesbians who married in Canada have won their case against a western New York insurance company over spousal health-care benefits. The lawsuit accused the insurer of discrimination and of breaching its contract with the school district that employs one of the women. According to the NYCLU, Blue Cross & Blue Shield now says it will cover married same-sex couples.

THE ASSOCIATED PRESS

Airfares

New York	Travel Aug 13-Aug 19/pd	$118 + $186 taxes & fees
Cancun	Travel Aug 8-Aug 15/am	$145 + $327 taxes & fees
Vancouver	Travel Sep 23-Oct 7/wg	$179 + $207 taxes & fees
Calgary	Travel Sep 8-Sep 17/wg	$199 + $174 taxes & fees
Amsterdam	Travel Sep 12-Sep 20/ts	$249 + $444 taxes & fees
London	Travel Sep 19-Sep 27/ts	$299 + $448 taxes & fees
Honolulu	Travel Aug 20-Sep 1/aa	$659 + $224 taxes & fees
Bangkok	Travel Sep 11-Sep 22/jl	$879 + $645 taxes & fees

Cruise Holidays

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No sign of missing boaters
The RCMP has called off its search for two men missing after a boating accident in the Northwest Territories. THE CANADIAN PRESS

Probe urged into online profiling

Academics concerned with new technology applications have asked the federal privacy commissioner to investigate online profiling of Internet users for targeted advertising.

Based at the University of Ottawa, the Canadian Internet Policy and Public Interest Clinic warns Internet service providers could soon start sorting through everything users do online. They could then compile profiles about those individuals to sell for targeted advertising purposes.

"Commercial organizations shouldn't be collecting and using our personal information without our knowledge and consent."
Philippa Lawson

The group says the practice, known as behavioural targeting, is growing across the United States and Britain. Its director, Philippa Lawson, says behavioural targeting raises several serious privacy concerns and may violate federal privacy laws.

"Commercial organizations shouldn't be collecting and using our personal information without our knowledge and consent," she said.

THE CANADIAN PRESS

Isotope crisis report released

DISASTER Canada's nuclear medicine community was "teetering on the brink of disaster" during last year's controversial reactor shutdown, an expert medical panel has found.

In a newly released report, an ad hoc group of health experts urges Ottawa to build more facilities to supply medical isotopes, lessening dependence on an aging research reactor that produces half the world's supply. The report, dated May 2008, was posted on Health Canada's website yesterday.

THE CANADIAN PRESS

News in brief

TASERS Saskatchewan police chiefs say they don't fully agree with a decision by the provincial police commission to hold off on expanding the use of Tasers. The commission said last week it won't allow stun guns to be distributed to municipal forces until questions about the device's use and safety are fully answered.

THE CANADIAN PRESS

RICK EGLINTON/TORSTAR NEWS SERVICE

Air Canada flight attendants rally at Pearson airport yesterday.

Attendants protest job cuts

PROTESTS Air Canada flight attendants took to the streets in several cities yesterday to protest job cuts and warn of more delays in the skies.

About 100 marched at the Calgary airport, while 150 people rallied in front of city hall in Halifax. In Montreal, some 100 demonstrated outside the departure lounge of Pierre Elliot Trudeau Airport.

Faced with rising fuel prices, the carrier announced plans in June to cut 7 per cent of its capacity and lay off up to 2,000 of its 28,000 workers. As part of the plan, 632 of the airline's 7,000 flight attendants are to be given pink slips.

THE CANADIAN PRESS

Meeting

Air Canada and the union are to meet Thursday to look for ways to make the job cuts as painless as possible.

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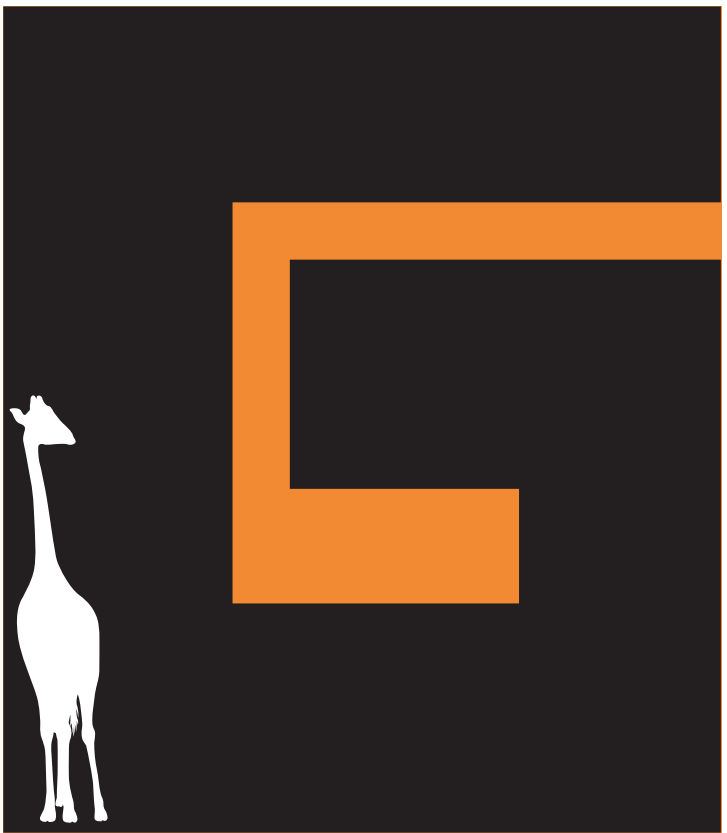

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Eclipse coming, but look closely

A total solar eclipse will darken some of Earth's skies Friday, but geography, weather, the economy and even the Olympics are combining to make it difficult for people to see. The total blotting out of the sun can only be seen in mostly remote places. THE ASSOCIATED PRESS

World

Peace goal delayed

Israeli Prime Minister Ehud Olmert, left, said yesterday that Israel and the Palestinians won't be able to achieve their declared goal of forging a peace deal by the end of the year, citing conflicting claims to Jerusalem as the main obstacle. Olmert also said that Arab neighbourhoods in east Jerusalem posed a danger to Israelis, hinting that Israel might want to cede control of these areas. THE ASSOCIATED PRESS

Afghan drug lords getting outside help

UN says tech advice and smuggled chemicals aid illegal trade

Afghan drug lords are increasingly converting opium into heroin at home with outside technical help and chemicals smuggled from abroad, the UN said yesterday, indicating greater sophistication for the country's booming illegal drug trade.

Afghanistan produces more than 90 per cent of the world's opium, a business that has grown rapidly since the U.S.-led invasion ousted the Taliban regime in 2001. Both officials in the American-backed government and Taliban militants are believed to profit from the illicit trade.

According to UN figures, Afghanistan last year yielded about 8,000 tonnes of opium, enough to make more than 800 tonnes of heroin.

> **90** The low-end estimate of the percentage of the world's opium produced by Afghanistan.

Increasingly, the conversion of opium resin into heroin is being done inside Afghanistan, mostly at laboratories in the border regions, especially in the insurgency-plagued south and the east, said Christina Oguz, country representative for the UN Office on Drugs and Crime.

Countries on international narcotics smuggling routes, such as Iran, Pakistan and even Turkey, are also suspected locations for heroin production. But Oguz estimated that as much as 70 per cent of the deadly drug was now processed in Afghanistan itself.

Evidence of higher quality Afghan heroin indicates that those running the labs also are getting assistance from outside "chemists" — "foreign consultants" of sorts — Oguz said.

She didn't elaborate on where the expertise came from, beyond saying it was from countries near the border, but said the chemicals were being smuggled from countries including Russia, China and South Korea. THE ASSOCIATED PRESS

Fire Historic pier destroyed

PIPA CHAMBERS/THE ASSOCIATED PRESS

The Grand Pier at Weston-super-Mare, England, appears after a major fire broke out yesterday. A fierce fire destroyed the historic pier in western England, quickly reducing the major tourist attraction to a flaming wreck. The Grand Pier, built in 1904, is listed as a historic monument. Its entertainment complex included rides, a go-kart track, a bar and a cafe.

Political influence alive: Report

LEGAL A U.S. Justice Department report concludes that politics illegally influenced the hiring of prosecutors and immigration judges, and largely lays the blame on top aides to former attorney general Alberto Gonzales.

Yesterday's report singles out the department's former White House liaison, Monica Goodling, for violating federal law by discriminating against job applicants who weren't Republican or conservative. In one instance, investigators found Goodling objected to hiring an assistant prosecutor in Washington because "he appeared to be a liberal Democrat." THE ASSOCIATED PRESS

Honeymooners gunned down

CRIME Police in the Caribbean island of Antigua say a British doctor was killed and her husband critically wounded in an apparent robbery at a hotel. At least one gunman entered the newlyweds' cottage before dawn Sunday and shot Catherine and Benjamin Mullany. THE ASSOCIATED PRESS

Novak says he has brain tumour

TV Conservative political commentator Robert Novak said yesterday he has been diagnosed with a brain tumour, less than a week after he struck a pedestrian with his Corvette and drove away.

Robert Novak

Novak, 77, fell ill on Cape Cod this weekend while visiting his daughter and was rushed to hospital, where he said he was diagnosed Sunday with the tumour.

"I will be suspending my journalistic work for an indefinite but, God willing, not too lengthy period," said Novak, editor of the Evans-Novak Political Report. THE ASSOCIATED PRESS

Suicide bombings claim dozens

IRAQ Suicide bombers, including at least three women, struck Shiite pilgrims in Baghdad and Kurdish protesters in Kirkuk yesterday, killing at least 57 people, a brutal reminder that mass gatherings remain vulnerable despite security improvements. U.S. military figures show at least 27 female suicide bombings this year. THE ASSOCIATED PRESS

News in brief

CRIME An unemployed man accused of opening fire with a shotgun and killing two people at a Knoxville, Tenn., church apparently targeted the congregation out of hatred for its support of liberal policies, police said.

POLITICS Sources close to the Zimbabwe power-sharing talks say negotiations have broken off. Two sources say the chief negotiators for President Robert Mugabe will fly home today. THE ASSOCIATED PRESS

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Unilever sells North American detergents business
Unilever NV said yesterday it has agreed to sell its North American laundry detergents business, including the All, Snuggle, Wisk and Surf brands, to a private equity investor, Vestar Capital Partners, for $1.45 billion US. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Bell cuts 2,500 jobs

BCE Inc.'s move to slash 2,500 management jobs or 6 per cent of its workforce is just the beginning of more layoffs as it prepares to go private, say analysts.

The telecommunications company announced yesterday that it would cull the size of its management ranks at its Bell Canada phone subsidiary to provide an annual savings of $300 million in salaries.

The $52-billion leveraged buyout is to be completed in December. BCE is set to take on $32 billion in debt.

Losing customers

- Bell is bleeding landline customers to new providers and facing competition in the wireless arena.

"They are sending a message that they intend to be lean and mean, but they're not going to stop there," said Carmi Levy, an industry analyst at Toronto's AR Communications.

However, BCE said yesterday that "non-management front-line service" positions would not be affected by the cuts.

TORSTAR NEWS SERVICE

Space tourism **New mothership**

STEFANO PALTERA/THE ASSOCIATED PRESS

Virgin Galactic founder Sir Richard Branson, left, and Scaled Composites founder Burt Rutan wave yesterday from the mothership aircraft White Knight Two "Eve" that will launch a still-to-be-built spaceship at an unveiling ceremony in Mojave, Calif. More than 250 people have paid $200,000 US to be one of Virgin Galactic's first space tourists.

Quebecers fight txt msg fee

CELLPHONES Two Quebecers are spearheading the fight against two of Canada's cellphone giants over having to pay for incoming text messages to their cellular phones.

Bell Mobility subscriber Eric Cormier and Telus subscriber Natalie Martin initiated the suits and say both companies are acting illegally by unilaterally changing the terms of cellular contracts with their clients. Neither suit has been approved by a judge.

THE CANADIAN PRESS

GM buyout cushions job loss blow

INCENTIVES Cash incentives of up to $120,000 for workers to leave a slumping General Motors should help cushion the blow of the company's plan to shutter a key truck plant in Oshawa, Canadian Auto Worker union leaders announced yesterday.

More than 3,500 workers are eligible for the incentives to leave, which also include a car voucher worth $35,000.

Production workers with less than three years seniority will get $37,500, and skilled trades workers $45,000, plus six months worth of benefits.

Under the new deal, GM also made promises to preserve employment, including maintaining a third shift on its Impala production for next year and allocating a new front-wheel drive vehicle to start production in 2013.

THE CANADIAN PRESS

Business in brief

TAXES International consulting and accounting firm KPMG has placed Canada third among 10 countries in its study of taxes impacting businesses, behind Mexico and the Netherlands, but tops all Group of Seven countries. THE CANADIAN PRESS

U.S. DEFICIT The next U.S. president will inherit a record budget deficit of $482 billion US that is driven by the sagging economy and the stimulus payments being made to 130 million households to stave off recession. THE ASSOCIATED PRESS

PULLING OUT Biovail Corp.'s shares tumbled more than 10 per cent yesterday after founder Eugene Melnyk announced he was dropping his bid to retake control of the pharmaceutical company.

THE CANADIAN PRESS

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LOTTO 649

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3		QUICK PICK				
4		QUICK PICK				
5		QUICK PICK				
6		QUICK PICK				
7		QUICK PICK				
8		QUICK PICK				
9		QUICK PICK				
10		QUICK PICK				
11		QUICK PICK				
12		QUICK PICK				
13		QUICK PICK				
14		QUICK PICK				

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What you're worth

Banking on education

MoneyMatters

choochonghcga@yahoo.ca

Q My wife and I decided to invest the cost of university tuition on behalf of my son for his future. Our financial planner estimates that within 20 years, we could accumulate more than $300,000 that my son would inherit. Do you agree with this course of action?

-JOHN AND AMY

A Any child would be ecstatic to receive that amount of cash from their parents. The gift or inheritance will not be taxed in your son's hands, however, you may be subject to tax at your marginal rate. Capital assets, such as stocks, real estate, mutual funds, etc., are deemed sold at fair market value when the title changes hands or when you pass away.

Investing for the future does not necessarily mean savings. Consider the cost of education as an investment and not money lost. Some parents prefer the value of education today and have their child reap the benefits in the future.

Aside from the monetary aspect, think about the intellectual value your child may either gain or be deprived. Money matters, but so do people.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: *choochonghcga@yahoo.ca.*

SmartCookies

If you are reading this article at work, you might want to shield it from the boss. This week, it's all about getting paid what you're worth.

Now, we realize that it can be tough sometimes to approach your employer to ask for a raise. But if you know what to say, how to say it and when to say it, then you have a far better chance of walking out of the office pumping your fist (discreetly, of course), as opposed to hanging your head and playing out dramatic scenarios of how you would quit.

First off, make a list of the reasons why you deserve a raise. These reasons have to be based on facts and not based on emotions.

Letting your boss know how you have increased the company's bottom line is far more effective then explaining that you really want to buy a house so you will need to make more money. Think about ways you have gone above and beyond your responsibilities. Have you received any positive feedback from others that you can reiterate to your boss? How have you demonstrated commitment to the company and why would they not want to lose you?

Then take a minute to figure out what exactly you want the outcome to be. You should be open to negotiating but you should also have a clear idea as to what it is you are looking for.

Are you looking for a percentage wage increase or a specific amount? Or maybe you would be happy with a week or two extra vacation in lieu of a raise or a flat out fee? Whatever it is, be clear and realistic.

First off, make a list of the reasons why you deserve a raise.

We suggest approaching colleagues that you feel comfortable with and asking them what they are making (it worked for one of us). You could also do a little research online to see what other companies similar to yours are offering potential employees with a similar responsibility list.

Then schedule a time to sit down with your employer. When you are finally face-to-face, take out that trusty piece of paper and present the facts. Keep a cool head and be confident, after all, you deserve it!

Be open to negotiating and if you don't get exactly what you were looking for, ask what you can do to ensure that you will get there in the very near future. Then send us an e-mail to *smartcookies@metronews.ca* to let us know how you did.

Tune in Wednesday at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

On the web

Columnist:

- Allan Small, FMA, explores what you can do to take advantage of oil prices in his column Investment Perspective, available online at *metronews.ca*.

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MLB
The Atlanta Braves will be minus Chipper Jones and Tim Hudson for a while. The Braves put both stars on the 15-day disabled list yesterday, a setback for a team trying to revive its fading hopes in the NL East. THE ASSOCIATED PRESS

Sports

Posada done for season

Jorge Posada will have season-ending surgery on his right shoulder, ending his attempt to return to the New York Yankees' lineup for the team's playoff push. The all-star catcher, left, has struggled with shoulder pain most of the season, weakening his throws and limiting his playing time behind the plate. THE ASSOCIATED PRESS

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Reassured Burnett derails Rays

Ricciardi says Jays' righty not going anywhere before trade deadline

BLUE JAYS 3 RAYS 1

The seven outstanding innings A.J. Burnett threw last night in a 3-1 victory over the Tampa Bay Rays weren't his last in a Blue Jays uniform.

At least that's the way things are looking to general manager J.P. Ricciardi, who said the fireballing right-hander "isn't going anywhere," when asked about trade talks ahead of Thursday's non-waiver deadline.

"I don't want to say never, but someone would really have to blow our socks off now," said Ricciardi. "Why would we trade him? We've worked too hard to get to this point to break up our team in August.

"If we have a good series here we're right back in this thing. Now we just have to go out and do it."

The Blue Jays took a big first step against the Rays, picking up their seventh victory in nine games. Burnett (12-9) matched his career-high in wins by making a two-run shot in the fifth from Matt Stairs stand up.

Back-to-back triples by Brad Wilkerson and Joe Inglett in the eighth added an insurance run against James Shields, who was backed only by an unearned run in the third.

Scott Downs tossed a perfect eighth and B.J. Ryan nailed things down in the ninth for his 20th save before a crowd of 23,476 at Rogers Centre.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

Blue Jays third baseman Scott Rolen dives to catch a throwing error from pitcher A.J. Burnett last night against the Tampa Bay Rays at Rogers Centre.

Canadian Richmond joins Jays

MLB The Blue Jays called up Scott Richmond from triple-A Syracuse yesterday, a move that will likely keep the right-hander from playing on the Canadian Olympic team.

The 28-year-old from North Vancouver, B.C., is expected to start tomorrow in place of John Parrish against Tampa Bay. He will have to be optioned back to the minors immediately after to still play in the Summer Games, as any player on a big-league roster on Aug. 1 is ineligible for Beijing.

That probably won't happen, as a source said the Blue Jays aren't bringing Richmond up to make a single start, but rather to assess what they have in him over a longer stretch.

THE CANADIAN PRESS

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breaking dawn GET IT FIRST AT MIDNI

Boxing
IBF middleweight champ Arthur Abraham has been accused of sexually harassing a masseuse. THE ASSOCIATED PRESS

Godfrey could be ready to bolt Jays

Team president may not seek extension

YorkReport

Marty York

marty.york@metronews.ca

Paul Godfrey's contract as president of the Blue Jays expires after this season and he isn't sure whether he'd like to remain in charge of the frustrated franchise.

"It'll probably be up to me," Godfrey told me in an interview yesterday, "but I haven't made up my mind if I want to keep doing this. I'm undecided."

It's been a turbulent season for Canada's MLB club, never having truly challenged in the AL East. Future Hall of Famer Frank Thomas and manager John Gibbons were both unloaded in controversial moves and general manager J.P. Ricciardi and his front-office crew almost certainly will be dumped sooner or later.

If Godfrey isn't back, sources suggest Jays owner Ted Rogers and his aides will pursue either Paul Beeston or John Tory as his replacement. Beeston, a former president of the Jays, is retired. Tory, a former commissioner of the CFL, is the leader of Ontario's Progressive Conservative party.

• Godfrey, incidentally, told me he has been inundated by letters from Canadian fans urging him to ask MLB to move his team to another division so that it can stand a fighting chance against less affluent opponents than the New York Yankees and Boston Red Sox.

"Won't happen," Godfrey said. "It would mean (MLB) would have to get another team to agree to move into our division – and who's going to want that?"

• The Yanks, naturally, keep spending and, after recently acquiring Richie Sexson and Xavier Nady, soon will obtain Jarrod Washburn and perhaps — brace yourself — Barry Bonds … From trouble-child Manny Ramirez, who wants out of Boston: "I can play in Iraq if need be." … Pittsburgh management agreed to trade B.C. native Jason Bay to the Atlanta Braves on the weekend for four prospects but Pirates ownership vetoed the deal in the last instant … Another B.C. guy, Rich Harden, is a mind-boggling 0-1 since being dealt to the Chicago Cubs, even though he has 30 strikeouts and a puny 1.04 earned-run average in three starts and 17 1/3 innings.

• Don't look now, but all four Western teams in the CFL are above .500 while all four Eastern squads are below .500 … The Saskatchewan Roughriders are a perfect 5-0 but six-point underdogs for their Saturday game against the 3-2 Stampeders in Calgary … The Hamilton Tiger-Cats, who are about to supplant Casey Printers (the CFL's highest-paid player at about $450,000 a year) with backup quarterback Richie Williams, are 10-point underdogs to the Alouettes for their Thursday game in Montreal … And from TSN's Glen Suitor, after the Riders' Gene Makowsky was penalized Sunday for a chop block: "That's frowned upon. It's one of those unwritten rules." Um, well, no, Glen, it's actually written — rule seven, section two, article seven. Thus, the penalty.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

NFL Commissioner Roger Goodell personally informed Buffalo Bills running back Marshawn Lynch yesterday he won't be disciplined by the league for a hit-and-run accident that left a woman injured.

NFL Recently signed New York Giants offensive tackle Shane Olivea said yesterday that he was addicted to painkillers while playing for the San Diego Chargers last season.

SOCCER The San Jose Earthquakes acquired Arturo Alvarez from FC Dallas for cash in a Major League Soccer trade yesterday.

METRO NEWS SERVICES

LOTTERIES

Ontario Pick 3	4 9 6
Ontario Pick 4	3 6 9 4
Encore	0901772
Daily Keno	1, 3, 8, 12, 14, 16, 19, 20, 32, 37, 46, 48, 53, 54, 58, 60, 62, 63, 68, 70.

Results not official

Favre a no-show as Rodgers takes over

NFL With the Brett Favre standoff still simmering, Aaron Rodgers took his place yesterday as the Packers' new starting quarterback.

Rodgers

Rodgers is trying to ignore what has become a daily soap opera involving the three-time MVP. Favre is considering filing for reinstatement with the NFL and reporting to camp this week, a move likely intended to pressure Green Bay to grant him his release — something the Packers refuse to do — or trade him.

The NFL had not received reinstatement paperwork from Favre as of last night.

"I feel like this is really between Brett and the organization, and I'm just trying to stay focused on the things I can control," Rodgers said after the team's first practice.

GM Ted Thompson spoke twice with Favre on Saturday, for about 45 minutes each time. They decided it would be best for Favre to stay away from Green Bay for now.

"We still have not gotten to the point where we agree on what the best option is," Thompson said yesterday. "We have sort of agreed to disagree, and at that time he suggested he would probably delay coming to training camp for at least a couple of days to see how things worked out."

THE ASSOCIATED PRESS

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andard text message rates shall apply to trivia game participation.

Tennis
Tommy Robredo of Spain beat Mardy Fish 6-2, 6-2 yesterday in the opening match of the Cincinnati Masters. THE ASSOCIATED PRESS

Bartoli advances in spite of sickness

Italian perseveres early at Rogers Cup

A case of the shakes and an upset stomach couldn't stop Marion Bartoli of France on the opening day of the Rogers Cup in Montreal.

The 10th-seeded Bartoli had on-court treatment and a short restroom break during the second set as she battled through a stomach virus to down British qualifier Melanie South 6-3, 6-7 (5), 6-0 in the first round of the hardcourt event at Uniprix Stadium.

"I was not feeling good at all," Bartoli said. "My legs were shaking. My arms were shaking by themselves. I was really dizzy. I got cold.

"The doctor gave me some tablets to take. They helped a lot in the third set but it took a while for me to feel a little better. But I needed to come up with the win, so whatever it took, I had to hang in tough."

Bartoli might not be alone. She was told by a physiotherapist that 15 to 20 players have come down with the virus.

"They told us to wash even more our hands and not touch the same food as the others, or drink the same water — to be really careful because there's a virus going on," she added.

Patty Schnyder led 7-6 (6), 3-2 when her opponent, Yuan Meng of China, pulled out with a thigh injury.

That put the ninth seed from Switzerland into a second-round meeting with Monica Niculescu, the Romanian who ousted American qualifier Varvara Lepchenko 6-1, 6-2.

The action later in the day was marred by frequent rain delays that will likely carry many matches over until today. THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

Marion Bartoli from France returns to Melanie South of Great Britain during first-round play at the Rogers Cup yesterday in Montreal. Bartoli won 6-3, 6-7 (5), 6-0.

Sundin closes in on deadline

NHL Almost four months after the season ended, we should find out this week whether Mats Sundin will continue his NHL career.

Where he plays — if the 37-year-old indeed decides to return — might take a little longer; wouldn't want to rush things after all.

"Hopefully, we'll know whether he's going to play or not. It might take a little longer to figure out the team situation," Sundin's agent, J.P. Barry, said.

"I'm just waiting for him to say for sure that he wants to play. That's still step one."

Barry and Sundin have arrived at what the agent called a "soft deadline" of Friday to make that first key decision. Barry said Sundin will need the time after that to physically prepare for training camp if he does not retire.

Sundin

"I just think he's looking for that internal feeling he needs to have to play at the level he wants to play. He doesn't just want to be a player, he wants to be a dominant player," Barry said.

Maple Leafs general manager Cliff Fletcher has been in e-mail contact with his former and possibly future captain but said that hasn't given him any insider knowledge on Sundin's intentions.

"He's not tipping his hand," Fletcher said. "He is who he is. He's determined he's going to do things his way. You've got to respect that for the career he's had in Toronto over the last 13 seasons." TORSTAR NEWS SERVICE

Sports in brief

NHL The Florida Panthers agreed to terms on a one-year deal with defenceman Jay Bouwmeester yesterday. Bouwmeester, 24, will reportedly make between $4 million and $5 million US next season. THE CANADIAN PRESS

NHL The Ottawa Senators signed goalie Jeff Glass to a one-year deal yesterday. Glass, 22, played last season with Ottawa's AHL affiliate, where he went 15-20-4 with a 2.88 goals-against average and a .913 save percentage. THE CANADIAN PRESS

GOLF Veteran Greg Norman turned down an invitation yesterday to play in the PGA Championship from Aug. 7-10, deciding to stick to a previous commitment. Norman finished third at the recent British Open. THE ASSOCIATED PRESS

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16 sports

Sports in brief

NBA The Raptors signed guard Will Solomon yesterday. Solomon, 30, played the past two seasons in Istanbul for Fenerbahce Ulker, where he averaged 17.8 points, 3.2 rebounds, 4.4 assists and 1.3 steals in 13 regular season games last season. He was selected 33rd overall in the 2001 NBA draft by the Vancouver Grizzlies. THE CANADIAN PRESS

NBA The Denver Nuggets have acquired forward Renaldo Balkman from the New York Knicks in exchange for guard Taurean Green, forward Bobby Jones and a second-round draft pick in 2010. The Nuggets also get cash in the deal. Balkman averaged 3.4 points and 3.3 rebounds in 65 games for the Knicks last season. THE ASSOCIATED PRESS

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	61	44	.581	—
Boston	61	45	.575	½
N.Y. Yankees	58	46	.558	2½
TORONTO	**54**	**52**	**.509**	**7½**
Baltimore	49	55	.471	11½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	59	44	.573	—
Minnesota	57	47	.548	2½
Detroit	53	52	.505	7
Kansas City	47	59	.443	13½
Cleveland	46	58	.442	13½

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	64	40	.615	—
Texas	54	51	.514	10½
Oakland	53	51	.510	11
Seattle	39	65	.375	25

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	57	48	.543	—
Philadelphia	56	49	.533	1
Florida	55	50	.524	2
Atlanta	49	56	.467	8
Washington	38	67	.362	19

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	61	44	.581	—
Milwaukee	60	45	.571	1
St. Louis	59	49	.546	3½
Cincinnati	50	56	.472	11½
Pittsburgh	49	57	.462	12½
Houston	48	56	.462	12½

WEST DIVISION

	W	L	PCT	GB
Arizona	53	51	.510	—
L.A. Dodgers	52	52	.500	1
Colorado	48	59	.449	6½
San Francisco	43	61	.413	10
San Diego	41	65	.387	13

YESTERDAY'S RESULTS

AMERICAN LEAGUE

TORONTO 3 Tampa Bay 1
Cleveland 5 Detroit 0
Baltimore at N.Y. Yankees
Detroit at Cleveland
Seattle at Texas
Chicago Sox at Minnesota
Kansas City at Oakland

NATIONAL LEAGUE

Pittsburgh 8 Colorado 4
St. Louis 12 Atlanta 3
N.Y. Mets at Florida
Chicago Cubs at Milwaukee
Cincinnati at Houston
Arizona at San Diego
San Francisco at L.A. Dodgers

TONIGHT'S GAMES

AMERICAN LEAGUE

L.A. Angels at Boston, 7:05
Baltimore at N.Y. Yankees, 7:05
Detroit at Cleveland, 7:05
Tampa Bay at **TORONTO**, 7:07
Seattle at Texas, 8:05
Chicago W. Sox at Minnesota, 8:10
Kansas City at Oakland, 10:05

NATIONAL LEAGUE

Colorado at Pittsburgh, 7:05
N.Y. Mets at Florida, 7:10
St. Louis at Atlanta, 7:10
Philadelphia at Washington, 7:10
Chicago Cubs at Milwaukee, 8:05
Cincinnati at Houston, 8:05
Arizona at San Diego, 10:05
San Francisco at L.A. Dodgers, 10:10

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	2	3	0	4
TORONTO	**2**	**3**	**0**	**4**
Winnipeg	1	4	0	2
Hamilton	1	4	0	2

WEST DIVISION

	W	L	T	GB
Saskatchewan	5	0	0	10
Calgary	3	2	0	6
Edmonton	3	2	0	6
B.C.	3	2	0	6

WEEK 6

THURSDAY'S GAMES

Hamilton at Montreal, 7
B.C. at Edmonton, 10

FRIDAY'S GAME

Winnipeg at **TORONTO**, 7

SATURDAY'S GAME

Saskatchewan at Calgary, 8

SOCCER

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LAST NIGHT'S GAME

TORONTO at Real Salt Lake

SUNDAY'S GAME

FC Dallas at **TORONTO**, 4

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Business
All tickets to Olympic events in Beijing have been sold out, organizers said yesterday. THE ASSOCIATED PRESS

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Beijing full of challenges

Pollution, tainted food among issues facing athletes at Summer Games

SHERISSE PHAM
for Metro Canada

An elite international sporting event inevitably comes with host city baggage. Beijing is no exception — the Chinese capital has been criticized for everything from human rights practices to unsafe food.

For coaches and athletes travelling to the city for the upcoming Summer Olympics, dealing with issues that could negatively impact an athlete's Olympic experience remains an ongoing challenge.

"There are three big issues here — the heat, the pollution and the food," said Derek Evely, an athletics coach who co-trains Olympic athletes like defending 400-metre indoor champion Tyler Christopher and relay athletes Emmanuel Parris and Pierre Browne.

There is not much the city can do for thermometer readings — Beijing's average maximum temperature for August is about 30 C — but measures are in place to address its reputation for perennially grey skies. The city ordered neighbouring smog-producing plants to cease operation or drastically reduce emissions and took roughly half of all private vehicles off the roads this past Sunday, regulating numbers via odd- and even-numbered licence plates.

GUANG NIU/GETTY IMAGES
A cyclist rides through Beijing's Forbidden city shrouded with smog.

But Megan Metcalfe, a track and field athlete and member of Canada's 2008 Olympic Team, viewed the pollution as a secondary problem. "Our team doctor has told us that there is nothing to panic (about), the pollution is only an irritant and should not have an effect on performance," she said. "I am more concerned about competing in the heat and humidity."

The food issue is trickier. Questionable local food made headlines last month when Chinese Olympian Ouyang Kunpeng told domestic media he accidently ingested the banned substance clenbuterol, a bodybuilding aid, after eating tainted meat at a barbecue. He was banned from competition for life.

Susie Langley, a dietician and Ontario representative of the Canadian Sport Centre, believes Canadian athletes will stay away from local meat entirely.

"No athlete wants to train this hard to get to Beijing and then jeopardize testing positive from eating local food that might be tainted with steroids," Langley said.

Injured Hamm to miss Games

GYMNASTICS Paul Hamm won't be going to the Beijing Olympics, after all.

The reigning Olympic gold medallist said yesterday that he's had a setback in his recovery from a broken hand and won't be healthy in time for the Games. THE ASSOCIATED PRESS

Hamm

Tomorrow's lineup

IS IT WORTH IT? Only nine of 267 Canadian athletes at the 2004 Games won medals. Was it worth the effort for those who didn't? Read tomorrow's Metro for more.

9 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

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Risky drinks

New research from the U.S. has found correlation between energy drink consumption and risky behaviour among college students. The research says students who drink energy beverages are more likely than non-drinkers to engage in a string of risky behaviour. METRO NEWS SERVICES

Workology C

No uni for C-students?

A new study concludes Ontario high school students with C-grade averages are two to three times less likely than their counterparts in other provinces to attend university. Less than 5 per cent of Ontario high school graduates with final marks between 60 and 69 per cent go on to university. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

In brief

HELPING ON THE JOB HUNT

John Salveson, co-founder of executive search firm Salveson Stetson Group, said offering advice and guidance into the workforce is the most important tool a working parent can offer to their child who's on the job hunt. "Finding a first job has become much more difficult than when many of us embarked on our careers," said Salveson. THE ASSOCIATED PRESS

Personality tests a key to career happiness?

Many college students have known that sinking feeling: Senior year rolls around and you realize the major you've chosen no longer interests you.

Or, even worse — you've graduated and entered the workforce, but find yourself staring at your computer monitor in your accounting office wondering why you aren't a fashion designer.

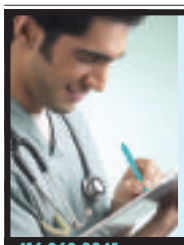
The best way to detect what field suits an individual is by taking personality tests, according to Laurence Shatkin, author of the book 10 Best Majors for Your Personality.

"People are more conscious than ever of getting a payback on their investment when it comes to school. Quarter-life career change or burnout is becoming a bigger phenomenon than the midlife crisis."
Laurence Shatkin

"People are more conscious than ever of getting a payback on their investment when it comes to school," Shatkin said. "Quarter-life career change or burnout is becoming a bigger phenomenon than the midlife crisis, an indication that people are in the wrong field."

The six major personalities that Shatkin describes in his book, each with a list of career suggestions, are: Realistic; investigative; artistic; social; enterprising; and conventional.

Rather than expecting someone to have a disposition of one extreme or another, like introverts and extroverts, Shatkin said people often find themselves within a range on the hexagon explained in his book. THE ASSOCIATED PRESS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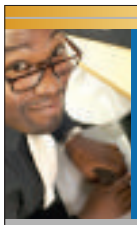
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With so many career choices and opportunities, graduates often secure employment that relates to their own personal interest.

Canadian Federation of Students calls for cancellation of career colleges
Following last week's decision by the Ontario government to close Goodwin College, the Canadian Federation of Students is calling on the province to establish a moratorium on any new approvals of private career colleges and measures to eliminate them altogether. METRO NEWS SERVICES

Make work the cool place to be

Some tips on how to beat the summer heat

RAFAEL BRUSILOW
for Metro Canada

When the air conditioner blows out at work, the summer heat can be almost unbearable.

Luckily, with the right fashion approach as well as a few office tricks, keeping cool in the workplace can still be possible.

Workplace style expert and marketing director Donna Rosati says beyond the obvious things such as wearing lighter, breathable fabrics like cotton and summery, sun-reflecting colours, men and women can make other, cooler choices at work.

For women, choose open-toed footwear (but not flip-flops) and remember to moisturize your heels so they don't start to look like they're covered in cracking, decades-old paint. And throwing off your shoes completely is a no-no.

"Feet tend to get sweaty in the heat, but resist the temptation to take off the shoes. Instead, if you put some baby powder on, that will absorb the sweat," Rosati said.

"Resist the temptation to take off the shoes."
Donna Rosati

When faces start to melt, Rosati says blotting powder can be a lifesaver so keep a secret stash handy — but for heaven's sake don't apply it in public.

"Head to the bathroom for some private time if you're going to do that," Rosati said.

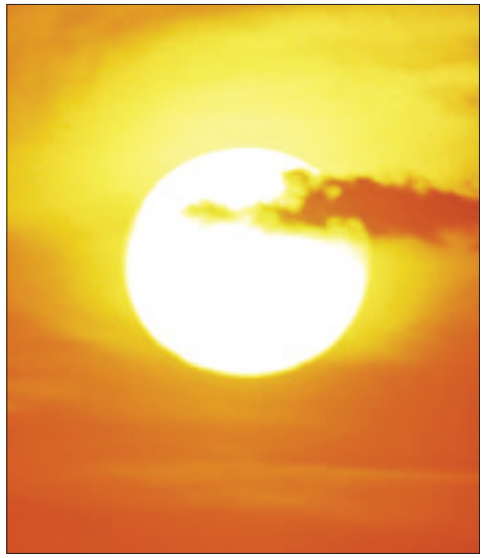
For guys, wearing a thin undershirt beneath your business shirt can not only keep you cool but help ensure you don't look like you just survived a water fight. An undershirt will pull sweat away from your body, cooling you off while preventing your actual shirt from getting soaked.

Short-sleeved dress shirts are also acceptable in the workplace, but never with a suit jacket or tie attached.

Inside the actual office, keeping unnecessary lights off helps since light bulbs can give off a large amount of heat, and keeping blinds closed might take away your nice downtown view but at least it will reduce the amount of heat being produced in your office due to sunlight.

Another common heat-beating trick in the workplace is to use a personal fan, which plugs into your computer's USB slot and can be attached to your laptop body or keyboard to give you a small but steady breeze as you type. Fans of that type cost very little but can make a big difference.

Last but not least — and quite appropriate given the beach-worthy weather — try to eat less on hot days when you work. Digestion makes your body work extra hard and there will be a resulting increase in temperature.



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Fruit juice truths

When buying fruit juice, read the label. Choose products with the word "juice" on them, to make sure you are getting B vitamins, potassium and other nutrients. Beverages that say "drink," "punch," "-ade," "cocktail" or "delight" on the label may have very little juice in them and a lot of sugar. CELIA MILNE

Health

Green tea beauty

Green tea is best known as a healthy drink, but did you know it also has positive benefits when applied directly to skin? Green tea has been observed to clear blemishes and other skin problems such as rashes. The leaves in green tea also act as an excellent exfoliant for the skin. Concentrated green tea extract can be applied directly to soothe, soften and cool. ALIVE MAGAZINE

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Start a diary, shed pounds

Those who keep track of what they eat can double weight loss: Study

It won't burn many calories on its own, but if you're looking to lose weight, the most important exercise you can do is to pick up a pen and write.

Dieters can increase their weight loss twofold by simply keeping a daily diary of what they eat, a large new U.S. study says

"The more food records you keep, the more weight you lose," says psychologist Victor Stevens, senior investigator with the Kaiser Permanente Centre for Health Research in Portland, Ore., and a study co-author. "And the good news is that's a technique that anyone can use."

The study will be published in the August edition of the American Journal of Preventive Medicine. The 20-week study was part of a three-year research program that involved some 1,700 overweight people who were placed on fruit- and vegetable-rich diets.

It showed that people who kept no daily food records lost an average of four kilograms, while those who kept six or more per week lost an average of eight kilograms.

Stevens says a diary makes it plain to dieters where it would be easiest to cut out calories. "You would think people would know ... where the extra calories are coming from, but they don't," Stevens says.

The diaries were simple tabulations of what you ate, the quantity, and the calories each item contained, Stevens says. "And you look at that list and say, 'Well, wow, I can reduce the calories in my lunch, that would be easy.'

"Then they develop plans to deal with that. And that's a critical part of the process. You need a specific plan of action, rather than some vague notion that you'll just eat less."

And keeping track of food intake as the day goes on also allows dieters to see how well they are keeping to their plans, Stevens says.

Stevens also says dieters who attempt weight loss within a social network are also much more successful at dropping excess pounds.

The study found that each social session study dieters attended — where they would discuss their successes and failures — was worth 0.3 kilograms in extra weight loss. TORSTAR NEWS SERVICE

TANNIS TOOHEY/TORSTAR NEWS SERVICE

If you're attempting to lose weight, keeping a food diary may make you more aware of your food intake.

Diet vs. Exercise

- Study co-author Victor Stevens says exercise pales in importance to diary keeping, especially in the early stages of weight loss. He says the study's goal was to reduce calories by 500 a day, far easier to achieve through dieting than exercise.

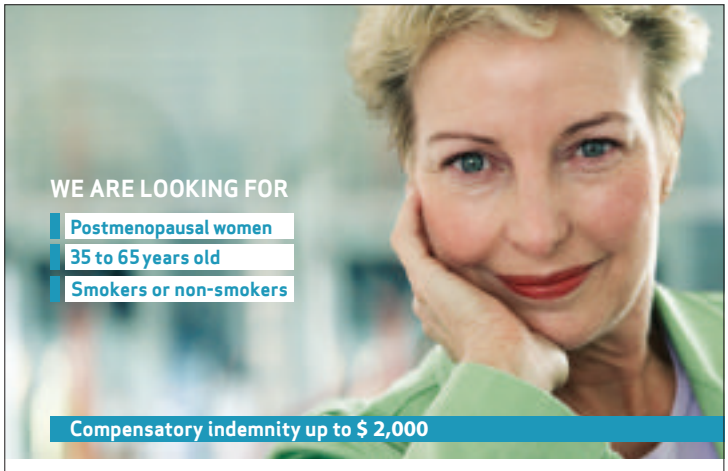
TORSTAR NEWS SERVICE

You are what you drink

CELIA MILNE
for Metro Canada

We all know it's important to drink enough water, especially if we're exercising. Dehydration can cause muscle cramps and heat exhaustion.

But did you know you can drink too much water? Hundreds of people have become sick (and several have died) from hyponatremia — an illness caused by drinking excessive amounts of water. Use common sense, say doctors at Harvard University in Boston. If you are really not sure, check your urine output: If you aren't peeing much and it's darkish, you are not drinking enough. If you have a lot of pee and it is running clear, you are fine.



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Fit for romance

Fitness club combines exercise, dating

Unless you're Jerry Seinfeld, wearing sneakers on a first date is no way to get to first base.

But what if everybody looked for love in a pair of pimped-out New Balances?

What if heavy-duty sports bras replaced lacy push-ups and singles favoured liberally applied antiperspirant over fancy, department-store fragrances?

Ali, a serial dater in his early 30s, calls it marketing genius.

The Toronto linguist, who didn't want his real name used in this article, is among the first people in this city to sign up for a flirty new fitness class that combines circuit training with speed dating.

Upcoming date events

- Tonight: Extreme Fitness Richmond, 267 Richmond St. W. Registration at 7 p.m. for a 7:30 start. Age group: Women 25–35, Men 27–37.
- July 22: Extreme Fitness Bloor, 80 Bloor St. W. Registration at 7 p.m. for a 7:30 start. Age group: Women 21–31, Men 23–33.

For more events, visit *extremefitness.info/fit2speed-date.aspx*

METRO NEWS SERVICES

"I'm sure everybody is here for the same reason and nobody wants to admit it," he says. "At a regular speed-dating event, you can't just say 'OK, everybody, show up in your tightest workout gear.'"

Last week, Extreme Fitness played host to the second of 10 "Fit2SpeedDate" classes at its Richmond Street location.

Most participants arrived a half-hour early for the class and milled about the weight room chatting each other up while organizers from Fast Life, the speed-dating company that tracks matches made in the fitness classes, frantically tried calling the few people who hadn't arrived yet. In the end, organizers were forced to grab an unsuspecting young, muscled Slavic man named Vlad from the gym floor to balance the gender mix.

TONY BOCK/TORSTAR NEWS SERVICE

At one of 10 workout stations at Extreme Fitness, potential dates could get in some conversation along with jabs and hooks.

Instructor Jacque Walters designed the class with 20 singles in mind — 10 men, 10 women and 10 different workout stations. Each station features an exercise that's conducive to talking. Couples switch partners every four minutes until every man has met every woman.

While she didn't make any matches at the exercise class, Sharon, a 28-year-old accountant, said she enjoyed herself enough to head to the bar afterward with the group for a free drink. She hasn't ruled out trying it again.

"You can be the smartest, most beautiful person in the world," she said, "but in the end, it's all about timing." TORSTAR NEWS SERVICE

My simple planning guide to celebrating another year older

HineSight

Anne Hines

Shine the tiara, break out the sugary grocery store cake iced in colours not found in nature, fire up those candles — it's my birthday!

Forget the, "I don't want anyone making a fuss" nonsense. Birthdays are an excuse to be Diva for a Day. And with a little thought, any mere birthday can be turned into a week-long celebration. You-fest! You-arama! Here's a simple planning guide:

Five days before birthday: The announcement.

Begin to casually drop reminders to family and co-workers, i.e. "I was thinking of scheduling a meeting next month and then I realized that this Friday is my birthday." It doesn't have to make sense. It just has to convey the message. Kind of like men's aftershave ads.

Four days before: Start getting in the mood.

Begin by reviewing your accomplishments. This year, mine are, a) I'm still standing, and b) Neither of my daughters is currently in a van headed to Mexico with a guy named "Snake." It helps not to set the bar too high.

Next, make a list of goals for the year ahead. Anything I don't achieve goes onto next year's list. This accounts for such items as "Marry David Cassidy," and "Buy Enron stock."

"Birthdays are an excuse to be a Diva for a Day."
Columnist Anne Hines

Three days to go: Prep for being a year older.

Repeat, "I gracefully accept the changes in my body." Then laugh yourself silly and go buy expensive face cream.

Two days to go: Check party plans.

There is a reason to share this important event with friends and family. They give you stuff. Remember the saying, "It's better to give than to receive." Your birthday is a way of letting your friends have the fun part.

You may wish to provide tips about gift giving, particularly if you have men in your life. Such as, "Good things come in small packages" does not mean you can give me drill bits."

The big day!

Let loose! Ask yourself, "What's life without adventure?" OK, safe, peaceful. But today is your chance to do something crazy and out of character. I don't mean calling your mother or paying your bills on time. And, if anyone suggests you act your age, just say, "Not today. It's my birthday."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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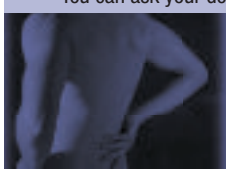

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Robin Hood delayed

Production on the new Robin Hood film has been postponed indefinitely. Universal Pictures cited script concerns, location logistics and a potential actors' strike for the delay. **BBC NEWS ONLINE**

Entertainment

Going Mad

Johnny Depp is to play the Mad Hatter in a new version of Alice in Wonderland. The actor is teaming up with director Tim Burton for the re-imagining of the children's tale. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

International

Dark Knight tops global box office

MOVIES The Dark Knight is standing tall at the global box office, taking $65.6 million US over the weekend, imdb.com reports.

The Batman sequel has an international haul of $166 million, but it's still only a fraction of its record-breaking U.S. box office earnings of $300 million in just 10 days. **METRO NEWS SERVICES**

Celebrity

Changes could be coming to Extra

TV Major changes are ahead at Extra, PageSix.com reports. Plagued by sagging ratings, the long-running celebrity TV show plans to axe hosts Mark McGrath and Dayna Devon, sources tell Page Six. Their likely replacement is actor Mario Lopez. A spokeswoman for Extra had no comment. **METRO NEWS SERVICES**

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The new music biz

Fans buying expensive concert merchandise but fewer CDs

Just how much are music fans willing to pay to publicly proclaim their love for their favourite artist?

Some Bon Jovi fans haven't flinched at dropping $750 US for a tour jacket, and a few White Stripes diehards have parted with hundreds of dollars so they could look a little bit like singer Jack White.

With record sales down and music companies looking for ways to create new revenue streams, there are some novel — and increasingly expensive — items being sold alongside the traditional T-shirts and posters at concerts.

And some fans seem more than willing to buy almost anything that's put in front of them.

The White Stripes have had a variety of kilts for sale — in their official tartans registered with the International Tartan Index — the most expensive selling for $280. It's made of 100 per cent wool and only 10 were made, making it an exclusive collector's item for the serious fan.

The band also sells two custom-made cameras — the Jack Holga and Meg Diana, named for bandmates Jack and Meg White — for $180 each. Only 3,000 of each camera were made.

For women who want to throw their underwear on stage, a growing number of rock bands are thoughtfully incorporating thongs into their selection of merchandise available at shows, including Canadian group Three Days Grace, which sells panties for $20 each.

But perhaps the most expensive merch currently on sale is Bon Jovi's "Grade A distressed cow hide leather" tour jacket, selling for the jaw-dropping price of $750.

One Norwegian fan commented on the band's official website that she just had to have one — even though her size was no longer available — and was thrilled with her purchase, despite the fact that it didn't really fit properly. "It's a little big for me, being a female, but I still love it," she wrote. "This is the most amazing (piece) of clothing I have ever owned!"

Others have opted for a bottle of wine from the Bon Jovi signature collection, ranging between $21.95 for a Chardonnay to $145 for a 2002 Cabernet Sauvignon.

And for parents who want to pass on their love of Bon Jovi to their kids, the band has its own baby merchandise line, including onesies for $20 and blankets for $30.

It all seems a little ridiculous to Toronto concert buff Mark Churaman, although he admits to having dropped $120 on a Bon Jovi hooded sweatshirt.

The 23-year-old is the music industry's dream consumer, willing to pay whatever it costs to get the latest, coolest piece of merch sold by their favourite artists.

"If it's someone in the top five artists that I love and I go to their shows, obviously I want to buy a T-shirt or something," said Churaman.

"If I'm spending $100 for a concert ticket and it's someone I really like and I want a souvenir, then price really isn't an issue."

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

With record sales down and music companies looking for ways to create new revenue streams, there are some novel — and increasingly expensive — items being sold alongside the traditional T-shirts and posters at concerts.

"If I'm spending $100 for a concert ticket and ... I want a souvenir, then price really isn't an issue."
Mark Churaman

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De Niro directs
Robert De Niro wants to direct two sequels to his 2006 movie The Good Shepherd. He directed and starred in the CIA thriller alongside Matt Damon and Angelina Jolie, and thinks there's scope to do two followups, femalefirst.co.uk reports. METRO NEWS SERVICES

Horror king claws back

Robert Englund returns to big screen with Jack Brooks: Monster Slayer

Horror has been very, very good to Robert Englund. The actor, who made eight appearances as the metal-clawed teen nightmare Freddy Krueger, is back in the genre that elevated him from budding classical actor to international horror icon.

"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw. Yeah, I'm recognized," Englund said during a recent visit to Toronto to promote Jack Brooks: Monster Slayer, which opened here Friday.

In the film, Englund plays Professor Crowley, an instructor to a classroom of young underachievers. His backed-up plumbing at his rundown country home unleashes an evil that gradually turns him into a multi-tentacled monster.

Englund said playing Freddy Krueger has given him the luxury to pick and choose his projects. "The genre's been very, very good for me," he said.

Robert Englund plays a professor with a dark secret in his new film.

"It's fun because now I'm able to read a script or see a submission film by someone like (Jack Brooks director) Jon Knautz, and say, 'God, this looks like fun,' ... and hop on a plane and work with some really gifted young people in Ottawa and have it turn out to be a terrific little retro experience," Englund said.

The California native trained as a classical actor at Michigan's Oakland University where the Meadow Brook Theatre was at the time affiliated with the Royal Academy of Dramatic Art. He and his fellow thespians were dazzled by the high-quality theatre emanating from Stratford, Ont. He recalls the group would occasionally pool money for gas, pile into a car and head to Stratford or Toronto back in the early 1970s. "I remember seeing Christopher Plummer in the pub once (in Stratford) and thinking, 'Oh my God, this is where I want to be — I want a turtleneck ... and a corduroy jacket,'" Englund said with a laugh.

"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw."
Robert Englund

"I would have been happy to have retired to Stratford and been a spear carrier," Englund said, until the politics — read: Behind-the-scenes backstabbing – turned him off.

One night, while nursing a bottle of wine after a performance in Michigan, he caught Martin Scorsese's Boxcar Bertha on TV, realized he knew most of the crew on the film and decided to head back to California to try his luck on the silver screen.

Englund's first role was as Whitey in Buster and Billie, a southern-fried tear-jerker starring Jan-Michael Vincent and involved wearing loads of skin-whitening makeup. (The character was albino.)

Next came a role in V, a TV miniseries in which Englund played a benevolent alien. While on hiatus, Englund agreed to do a "little movie" with horrormeister Wes Craven.

"They released this Nightmare on Elm Street on the East Coast only, and without any hype or fanfare, it took off. And the rest is history," he said.

TORSTAR NEWS SERVICE

Batman star has nerve disease

TELEVISION Batman legend Julie Newmar is suffering from an incurable nerve disease that has left her struggling to walk, imdb.com reports.

Julie Newmar

The actress, who played Catwoman in the 1960s TV series, was diagnosed six months ago with Charcot-Marie-Tooth disease, which affects muscles in the legs, feet, and hands, reports the New York Daily News.

Although her legs were once insured for $1 million US, she is now forced to grasp on to people to avoid falling down as the illness impairs her ability to walk. "Today, I walk — but very slowly. My balance is also affected," Newmar, 74, says. "People might think I've had too much to drink, but I never drank, smoked or took drugs my entire life. If I'm out in public, I grab on to some charming, darling fellow who can steady me."

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Career, interrupted

Actor Shia LaBoeuf, who is recovering from hand surgery after a car accident in Hollywood on Sunday, and after which he was arrested for DUI, will resume filming Transformers 2 within a month, his rep says. PEOPLE.COM

Guru honours my late dad: Myers

FILM Mike Myers' movie The Love Guru is a tribute to his late father because the actor conceived the film's plot during a "spiritual quest" following his dad's death, imdb.com reports. Myers' father Eric died in 1991 following a long battle with Alzheimer's disease. The comedian admits he was so devastated by the loss he embarked on a journey of self-discovery, and it was during this time that he created the character of The Guru.

METRO NEWS SERVICES

RACHEL RAY/THE ASSOCIATED PRESS

Rachael Ray and Isaboo launch Rachael Ray Nutrish dog food.

Ray cooks up charity dog food

CELEB CHARITY But will it take 30 minutes to feed Fido? In the latest expansion of her culinary empire, celebrity chef Rachael Ray has launched a charity-driven line of dog foods based on recipes she has created for her pit bull, Isaboo.

Ray, who came to fame with her 30 Minute Meals Food Network show, said all of her proceeds from sales of Rachael Ray Nutrish pet foods will go to Rachael's Rescue, which she founded to help at-risk animals. The outspoken dog lover regularly features recipes for pet food in her magazine, Every Day with Rachael Ray.

"It seemed like not a lot of extra time to donate to something that could potentially raise millions of dollars for championing these little creatures that can't speak for themselves."
Rachael Ray

"It seemed like not a lot of extra time to donate to something that could potentially raise millions of dollars for championing these little creatures that can't speak for themselves," Ray said. A line for cats also is planned.

Ray's pet charity recently selected its first beneficiary, a terrier mix named Spirit that made national news this month after a man was caught on videotape savagely beating it at the U.S.-Mexico border. The dog suffered multiple fractures. Rachael's Rescue has offered to cover all medical costs for the dog's recovery. THE ASSOCIATED PRESS

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Music Country music singer Taylor Swift had a good reason for missing her high school graduation — she's on tour with Rascal Flatts. The 18-year-old just received her diploma via snail mail. **E! NEWS ONLINE**

DVD picks

The Band's Visit

Director: Eran Kolirin
Stars: Ahuva Keren, Ronit Elkabetz, Sasson Gabai, and Khalifa Natour
Rating: PG-13

THE BAND'S VISIT, the charming film about a touring Egyptian police orchestra that winds up spending a night in the wrong Israeli town, begins with a humble disclaimer: "Not many remember this. It was not that important."

It's a perfect summary of precisely why writer-director Eran Kolirin's fairy tale works so well. There is no air of importance here. There is no attempt to manufacture Middle East peace. A group of Arabs cannot transform an Israeli town overnight. But what if a few Israelis and a few Arabs could achieve a glimmer of understanding between them? It makes for an almost believable fairy tale. There is chemistry among the three leads: The starchy police colonel and band conductor Tawfiq (Sasson Gabai), the younger, less repressed violinist Haled (Saleh Bakri) and the Israeli restaurant owner Dina (a mesmerizing Ronit Elkabetz, who appears to have escaped from an Almodovar film).

For a movie about an orchestra, there's an awful lot of silence in The Band's Visit, and it's used to beautiful effect, subtly underscoring cultural differences, such as the way Tawfiq's eyes can't help but linger on Dina's red-painted toenails.

It's too bad the DVD is also silent on the background of the film. There's a short making-of featurette, but it tells us little about the cast, an intriguing mix of mostly Israeli and Palestinian actors. The film is fiction, but behind the scenes are two opposing cultures coming together. It may not be important, but more insight would surely be interesting to the many fans of this award-winning film.

TORSTAR NEWS SERVICE

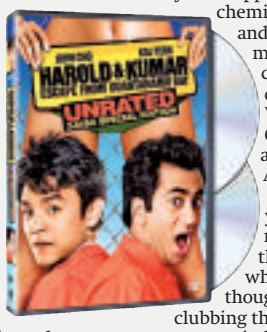
Harold and Kumar Escape From Guantanamo Bay

Director: Jon Hurwitz
Stars: John Cho, Kal Penn, Rob Corddry
Rating: R

IN 2004, Harold & Kumar Go to White Castle turned the pursuit of late-night munchies into an Arthurian quest. This second road movie picks up right where White Castle left off, as our accident-prone duo — ethnic odd couple Harold (John Cho) and Kumar (Kal Penn) — find themselves heading to Amsterdam.

White Castle co-writers Jon Hurwitz and Hayden Schlossberg are back and the movie even features the return of Neil Patrick Harris, repeating his head-tripping horndog turn again for fun and plot expediency. The ante has been upped considerably this time, because Harold and Kumar are chasing freedom (and girls) rather than burgers (and girls).

Thanks to pothead Kumar's jonesing to join a different kind of Mile High Club, they manage to get themselves branded as fugitive terrorists pursued by an unhinged Homeland Security boss (Rob Corddry) and detained at Gitmo, though they soon escape.



Along the way the duo brutally lampoon racial stereotypes of every stripe, taking no prisoners in their rainbow coalition of rude calamity.

They're like Borat without the moustache and with a better grasp of American culture, and it's this satiric subtext that saves the show from its worst excesses.

You'll only enjoy this movie if you can appreciate the lighter side of KKK rallies, presidential potheads, one-eyed rednecks, full-frontal nudists (of both genders) and Homeland Security fascists who mistake the U.S. Bill of Rights for toilet paper. But this is one of those rare pictures that can gross you out and make you think at the same time.

Key to its appeal is the chemistry of Cho and Penn, the most likable comedy duo since Wayne Campbell and Garth Algar.

You find yourself rooting for them even while thoughts of clubbing them also cross your mind.

TORSTAR NEWS SERVICE

Weaver almost gave up on acting

CAREER Sigourney Weaver almost gave up on her dream of becoming an actress after drama teachers branded her talentless, imdb.com reports.

The Alien star attended theatre classes at the prestigious Yale School of Drama, where her university instructors repeatedly told her she didn't have what it takes to succeed. The criticism hurt so much, Weaver even began to consider other professions.

"I had no confidence," she recalls. "They took back the mean things they said. Eventually. But you put teachers on a pedestal and it was tough to hear that.

"You think, 'Well, if my teachers don't think I have any talent then I mustn't have any talent.'"

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TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/29/08	265	353	2	TVO	Into the Wild	Into the Wild	The Best of The Agenda		The Amazing Mrs. Pritchard		Design e2	Design e2	Best-Agenda
	211	331	3	GTV	ET Canada	Entertainment	Wipeout (N)		Big Brother 10 (N)		In Plain Sight (N)		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 4"		CBC News: The National		The Hour
	214	344	7	CITY	Friends	Hollywood	Hell's Kitchen		Japanese Game Show		Unbeatable Banzuke		News (N)
	212	313	8	CTV	eTalk	Jeopardy!	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	Real Housewives		Kimora: Life in the Fab Lane		Living Lohan	D. Richards	News (N)
	137	763	13	TFO	Panorama été	Les Éclaireurs	Tournants de l'histoire		*Tandem* (1987, Com. dramatique)			Jardins	Geographic
	-	-	14	-	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*Love Thy Neighbor* (2005, Suspense) Alexandra Paul.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "In the Dark"		Big Brother 10 (N)		Without a Trace (HDTV)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Celebrity Family Feud		America's Got Talent (N)		Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	Wipeout (N)		Japanese Game Show		Primetime: Family Secrets		News
	219	346	20	ACH-B	Wheel-Fortune	Degrassi: Next	Celebrity Family Feud		America's Got Talent (N)		Without a Trace (HDTV)		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	Kitchen Nightmares (PA)		House (HDTV PA)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (DVS)		We Are the Aliens		Wide Angle (N)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Beauty and the Geek		Reaper "Rebellion"		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil		News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Beauty, Geek
news	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		Same Sex Marriage		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow & Company		The Suze Orman Show		Asia Squawk Box		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	MLB Baseball Tampa Bay Rays at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	Interruption	WTA Tennis U.S. Open Series -- Rogers Cup -- Day 2. From Montreal.					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Exploration	Videos	Survivorman		Odyssey	Surf Patrol	Adventures	Strand-Peters	Pilot Guides
	417	406	81	SC	Pinks (HDTV)	Pass Time (N)	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks
family	551	542	25	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	*The Mask* ★★★ (1994, Comedy)		
	556	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29	MM	So You Think You Can Dance				So You Think You Can Dance		Instant Star	Instant Star	Gone Wild
	615	520	31	A&E	The First 48		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Carabinieri		Carabinieri		The Sopranos (SS)		Raymond
	571	581	36	MMM	mmmtop	Uncovered	Listed		All Access		Hogan Knows	Hogan Knows	Listed
	575	583	38	CMT	Canada Countdown		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
	616	521	39	SHO	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenny	CSI: NY (HDTV)		House
	620	523	40	BVO	Bazart	Bravo!Videos	Johnny Cash Live at Montreux 1994			Rhythm-Roots	Live at the Rehearsal Hall		Law & Order
	601	562	41	SLC	End of Leash	Til Debt-Part	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed
	522	506	43	HIS	NCIS		The Color of War		Hitler and the Occult		NCIS		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
	294	529	47	TBS	MLB Baseball St. Louis Cardinals at Atlanta Braves. From Turner Field in Atlanta. (Live)						Family Guy	Family Guy	Seinfeld
	576	582	49	BET	106 & Park	*Madea's Family Reunion* ★★ (2006, Comedy) Tyler Perry, Lynn Whitfield.					Baldwin Hills	Baldwin Hills	Hell Date
	627	528	50	SPC	Stargate SG-1 "Grace"		Star Trek: Voyager		Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1
	581	566	52	MTV	MTV e2	Cribs	4REAL	Next	From G's to Gents		From G's to Gents		MTV Live
	618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	603	561	56	FOOD	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef "Tailgating"		Restaurant
	261	394	60	V	Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap		Jozi-H (DVS)		Mysterious Wy
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	eTalk	Hollywood's Knocked Up		The Tonight Show-Jay Leno		eTalk
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures	Sucré-salé	Impro
	126	730	102	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	The West Wing		Killer Next Door		Psychic Detect	Ext. Evidence	Traders		The West Wing
	300	601	301	M1	(7:15) *Dead at 17* (2008, Drama) Barbara Niven.				*Grindhouse Presents: Planet Terror* ★★★ (2007, Horror)				*Death Proof*
	305	612	306	PIX	*The Last Mogul: The Life and Times of Lew Wasserman*				*Oh, What a Night* ★★ (1992, Comedy)			*Breach of Faith-Cops II*	

critics' corner

Surviving Sharks

Les Stroud of "Survivorman" fame throws himself into dangerous situations involving sharks. Granted, it's only dangerous if the sharks are hungry or you've ticked them off. So avoid dunking yourself in a vat of chum or insulting their mothers ("Your mama looks like shark bait!"). 8 PM on DIS

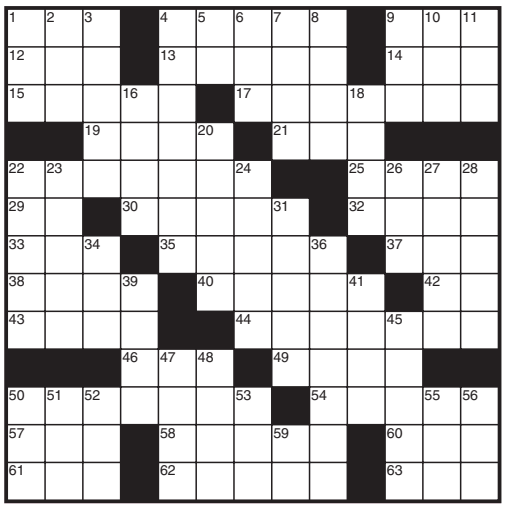
NCIS

Disability? What disability? A blind man (guest star John Billingsley) inadvertently takes a photo of a petty officer's murder. That's about all the evidence that Gibbs (Mark Harmon) and his team have, but the photographer, being blind, has keener senses of hearing and smell than most sighted people, and he proves to be a big help re-creating the crime scene. Michael Weatherly also stars in "In the Dark." 8 PM on CBS

Grammer checks into hospital

Actor Kelsey Grammer has been hospitalized in New York after feeling faint — just a month after he suffered a near-fatal heart attack. The actor was taken to a medical centre in the city on Sunday night, and is expected to be released today. IMDB.COM

Take Five



Crossword down

1 Zig's opposite
2 Si, to Maurice
3 Volunteer
4 Flower parts
5 Plural indicator
6 Rattlesnake kin
7 Reproaches oneself for
8 "One For My Baby" singer
9 Nest-egg letters
10 Nonrusting metal
11 Being quick to learn
16 Tiny amounts
18 Speckles
20 Health-club fixture
22 Wedge
23 Of durable wood
24 Props
26 Idle chatter
27 Fluff feathers
28 Prime-time hour
31 Patronizes a restaurant
34 Witness
36 Bleach
39 Medieval laborer
41 Kuwaiti leader
45 Send via modem (hyph.)
47 Brand for Bowser
48 Retail center
50 One, to Fritz
51 Playing card
52 Some whiskey
53 Mattress extra
55 Pigeon talk
56 Space widths
59 "Tao — Ching"

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Crossword across

1 Busy place, slangily
4 Cultured gem
9 Make — — double
12 — Wiedersehen
13 Newsstand buy
14 Pull apart by force
15 Freebies
17 Locket
19 Refreshments
21 — Tome
22 Sweet liqueur
25 Variety
29 Laugh syllable
30 Fishtailed
32 Bombay attire
33 Authorizes
35 Aquarium denizen
37 Barrel
38 So-so grades
40 Singer — Lennox
42 Short query
43 Trouser part
44 Part
46 Barnyard animal
49 Wedge
50 Cap feature
54 Track down
57 Slick
58 Pitcher's target
60 Kind of microscope
61 Once named
62 Bygone
63 — Gatos, Calif.

previous day's answer

P	A	L		R	I	G	O	R		F	E	Z
A	L	I		O	M	A	H	A		I	R	E
R	E	C	O	U	P		M	I	R	A	G	E
			H	O	T		I	S	L	E	S	
D	E	E	P		E	R		S	E	C	T	S
I	N	N		A	T	O	M		S	O	H	O
A	D		S	U	R	N	A	M	E		I	L
L	O	L	A		E	I	R	E		M	E	T
S	W	I	N	G		N	C		F	I	F	I
		S	T	I	N	G		B	O	X		
F	A	T	A	L	E		A	U	B	U	R	N
A	D	E		D	W	A	R	F		P	O	E
B	O	D		S	T	I	F	F		S	T	A

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INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	2	8	4	9	1	7	3	5
7	5	3	8	6	2	9	1	4
4	1	9	5	3	7	8	2	6
9	3	6	2	8	4	1	5	7
2	7	5	3	1	6	4	8	9
8	4	1	7	5	9	2	6	3
1	9	7	6	2	5	3	4	8
5	8	2	9	4	3	6	7	1
3	6	4	1	7	8	5	9	2

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practising

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Something of value is in your home. A confession will come from a dim-wit. A kind person may cause a loss of enthusiasm.

TAURUS
APRIL 21-MAY 21
Someone demands that you get home earlier. Continue trying to co-operate. A stranger will arrive and be appealing.

GEMINI
MAY 22-JUNE 21
You're getting ahead in your work, but a crisis will arise. A colleague demands that you make a suggestion. All ideas will be fruitful.

CANCER
JUNE 22-JULY 22
You'll feel that only you can show maturity. Demand more from others. You can anticipate when somebody will begin to infuriate you.

LEO
JULY 23-AUG 23
People will notice you heading in the right direction. Put the phone down and get to work. You're in for a romantic reversal.

VIRGO
AUG 24-SEPT 22
Someone will disagree with a travel companion. You must be nimble when necessary. A proper lover will throw in the towel.

LIBRA
SEPT 23-OCT 23
A dramatic friend will miss the point. A negative experience is just fate teaching humility. A man draws attention to your efforts.

SCORPIO
OCT 24- NOV 22
Be honest when discussing unexpected gains. Have a story ready when a wretch frustrates plans. A sibling has a fated meeting.

SAGITTARIUS
NOV 23- DEC 21
Someone's child will leave town for a while. A rejection will drag in some good luck. Expect confusion around food issues.

CAPRICORN
DEC 22-JAN 20
An insincere relative needs professional attention. Avoid arguing about your appearance. Wear navy blue to an evening meeting.

AQUARIUS
JAN 21-FEB 18
A relationship will find closure. Expect flattery concerning a romance. A boss from the past wants another chance — just say no.

PISCES
FEB 19-MAR 20
You can trust a woman's practical support. A home is all stirred up by arguments. Children will be very touchy.

8				9				1
	3			7			6	
7			5		2			4
5		9				4		7
		3	4		7	5		
1		4				6		3
9			2		1			6
	5			4			8	
6				3				5

Toronto weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Mainly sunny. 26°	Variable. 18°	40% Showers. 27°/ 18°	Mainly sunny. 27°/ 19°	Partly cloudy. 27°/ 16°

Temperature
Normals
High: 27°
Low: 15.3°

Records
High: 35.6°/1949
Low: 6.7°/1968

Sunrise: 6:04 a.m.
Sunset: 8:44 p.m.
Moonrise: 2:20 a.m.
Moonset: 6:57 p.m.

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The godfather
Actors Brad Pitt and Angelina Jolie have reportedly asked U2 front man Bono to be the godfather of their newborn twins, Knox Leon and Vivienne Marcheline because they are impressed by his humanitarian work. Bono reportedly accepted. METRO NEWS SERVICES

Celebrity Buzz

Miley sort of apologizes

VIDEO DISS Miley Cyrus has somewhat apologized for mocking fellow Disney stars Selena Gomez and Demi Lovato in a YouTube video, the New York Daily News reports.

"If we offended them, we're super sorry," Cyrus told Popstar! magazine. "We were just, like, having fun, you know what I mean?"

The Hannah Montana star, 15, and pal Mandy Jirox recreated a video made by Gomez, 16, and Lovato, 15, on their Miley & Mandy YouTube channel.

In the video, Cyrus and Jirox make fun of a T-shirt worn by Gomez and a gap that Lovato, star of Camp Rock, used to have in her teeth.

Gomez, who appears on Disney's Wizards of Waverly Place, has been dubbed "The Next Miley Cyrus." She's also reportedly dating Cyrus' alleged ex, Nick Jonas.

But Cyrus maintains she was just kidding around on her video.

Lovato and Gomez have not yet commented on the video or quasi-apology.

METRO NEWS SERVICES

No enhancement for Keira

DIGITAL-FREE Actress Keira Knightley has refused to allow her bust to be digitally enlarged — because she is so proud of her body, imdb.com reports. Knightley, 23, reportedly dismissed studio bosses' suggestion to use computer trickery to boost her chest on publicity posters.

"She has insisted that her figure stay in its natural state. She is proud of her body and doesn't want it altered," a source told the Daily Mail.

In 2004, Knightley was criticized when she appeared in publicity shots for King Arthur with digitally-enhanced breasts.

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GETTY IMAGES PHOTOS

Butler learns Comic-Con code

ITEMS RETURNED 300 star Gerard Butler has given the comic book geeks the seal of approval after they didn't claim his watch and glasses as souvenirs, imdb.com reports. The actor was at Comic-Con in San Diego promoting his new film Rockn-Rolla when he suddenly realized his timepiece and sunglasses were missing.

"It was madness," he said. "I was signing posters and my watch kept catching on them, so I took it off and put it between my legs and then walked off. And then I thought someone stole my sunglasses." But Butler didn't take comic book fans' code of conduct into account — the items were turned in to security by fans. He added, "This place is great."

METRO NEWS SERVICES

They're having babies

PREGGERS Rebecca Romijn-O'Connell and her husband, Jerry O'Connell, are expecting twins, their rep confirms to People.

The babies are due this winter. The parents-to-be were married in 2007.

Ugly Betty's Romijn, 35, recently told Self magazine she hoped to be "lucky enough" to have kids. Just last week, O'Connell, 34, told People, "We're trying to get pregnant," adding that practising has been "a lot of fun."

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celebrity briefs

Winehouse rushed to hospital

HEALTH Amy Winehouse was taken to an emergency room at a London hospital last night, but the reason was not immediately clear, a spokesman for the Grammy-winning singer said. An ambulance took Winehouse from her north London home to University College Hospital, spokesman Chris Goodman said. He said he did not know what might be wrong with the 24-year-old singer.

THE ASSOCIATED PRESS

Moss back with beau, plans for second child

MOTHERHOOD Kate Moss is apparently planning to have another baby with on/off boyfriend Jamie Hince, femalefirst.co.uk reports.

The supermodel recently split from the Kills guitarist over her desire to get pregnant, reports the Mirror.

However, the couple have since reunited after Hince reportedly changed his mind.

The pair are now on a make-or-break holiday in Ibiza.

"Kate is keen to have another baby before Lila Grace gets any older," a source said. "She doesn't want her to grow up a single child … But it has become a real sticking point between her and Jamie.

"She thinks he will be a great dad — but he has been unsure whether he's ready for such a huge commitment," the source added.

"They had a short break to clear their heads. But after Hince spoke to some of his friends about his dilemma, he is coming round to thinking a baby with Kate wouldn't be a bad thing. He agreed to go to Ibiza with her for a break before he goes on tour to see how they get on. No one would be surprised if Kate comes back pregnant."

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celebrity briefs

Love gives credit for weight loss …

SLIMMING DOWN Courtney Love has credited hypnotist Paul McKenna as the reason for her dramatic weight loss, femalefirst.co.uk reports. The singer has been seeing the weight-loss guru, who wrote I Can Make You Thin. However, Love's friends are worried she is now dangerously thin. "She is skeletal now," one told the Daily Mail.

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… while Damon tries to box it off

POUND-FOR-POUND Matt Damon has taken up boxing to lose weight, femalefirst.co.uk reports. The actor admits it is tough to lose the excess pounds he gained for the movie The Informant. Damon, who was named People magazine's Sexiest Man Alive in 2007, laughed: "Now I'm the Sexiest Man Alive's chunky cousin!"

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